

## BAL CUP SEMI FINAL AT TAMWORTH ON 21 JULY 2007

A wet, dismal day, with uncertainty until almost kick off as to whether the fixture would take place – because of the weather conditions and because of the travel difficulties for the 3 Welsh Clubs. The ladies' Team was severely depleted by late withdrawals and injuries but 3 brave souls competed.

By contrast, the men's Team had one extra athlete! I am afraid that the Team manager messed up. Evidently, he had a "senior moment" in the run up to the match and identified 11 events for the "10 in a 100"!! Apologies to Alex Bostock for having to travel for a phantom 1500M. Craig Lee had to cry off at the eleventh hour so Kevin Macpherson did 2 events.

There were some steady performances. Alex Riley maintained his good form in the sprints. Aaron Aplin completed the 200M, which was a miracle in itself because he arrived with blocks but no spikes, shorts or vest! Spare spikes and vest were found promptly but the main concern was the thought of having to watch him run without shorts. Mercifully, a good Samaritan came to the rescue of everyone in the stadium!!

It was disappointing that the match was not a more closely fought event. There was also confusion on the day because there were last minute changes to the official timetable that meant warm ups were either missed or completed too early. So, all in all, I am afraid that it was not the best of afternoons. Nevertheless, my thanks to all who supported the Club, did their best and turned out.

EVENT	NAME	PERFORMANCE	POSITION	POINTS
<b>(a) MEN</b>				
400H	T Offler	58.50	4th	5
800M	S Long	2.01.50	5th	4
400M	T Graham	54.50	6th	3
200M	A Aplin	22.70	2nd	8
100M	A Riley	11.20	2nd	8
3000M	C Palmer	9.04.5	5th	4
Discus	K M'pherson	22.02	4th	5
Pole Vault	A Lyons	3.00	2nd	8
Shot	K M'pherson	9.70	5th	4
T Jump	J Douglas	11.53	6th	3
Relay	-	-	DNF	0
<b>TOTAL</b>			<b>5th</b>	<b>52</b>
<b>(b) WOMEN</b>				
100M	D Shorth'se	13.40	2nd	8
400M	F Palmer	62.3	4th	5
800M	G Hull	2.52.70	4th	5
<b>TOTAL</b>			<b>5th</b>	<b>18</b>

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**Men's Result:**

1. Birchfield – 94
2. Cardiff - 77
3. Tamworth – 63
4. Coventry - 57
5. Notts AC -52
6. Rugby - 19

**Women's Result**

1. Birchfield – 95
2. Tamworth - 63
3. Coventry - 52
4. Cardiff - 34
5. Notts AC - 18

Swansea and Newport did not travel. In the women's match, Rugby did not participate, either.